# CANADA GETS MORE BLING

**PLUS: Canada nets historic soccer win over Germany**

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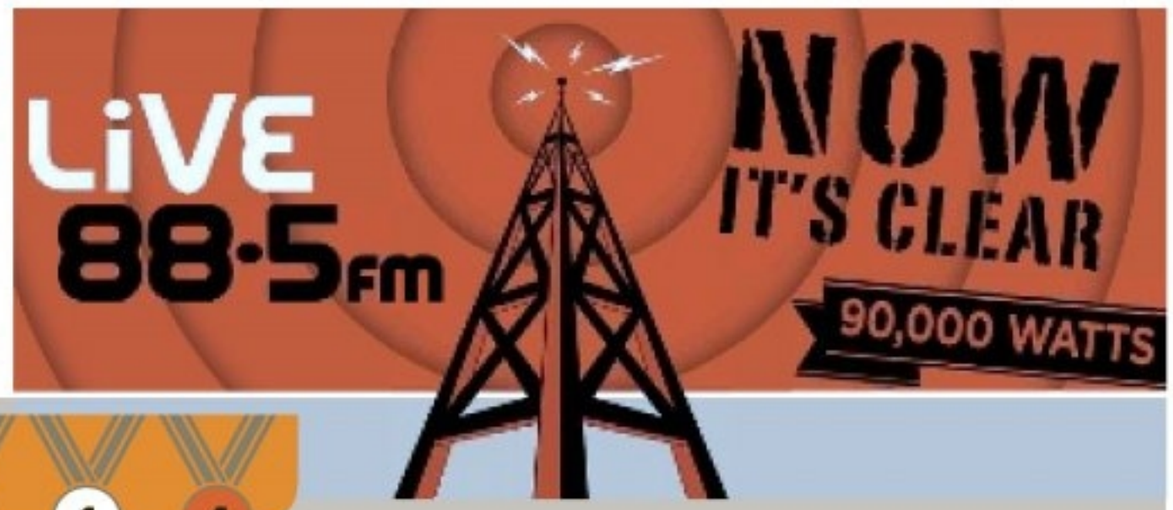



CANADIAN MEDAL COUNTER

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# Ottawa metro

METEOR SHOWER

**Where to get starstruck in Ottawa**

metroNEWS


WEDNESDAY, AUGUST 10, 2016


High 33°C/Low 21°C Ridiculously hot

Sisters Olivia Martin, 2, and Isabella Martin, 5, enjoy locally made Popsicles from Playa del Popsical in Tuesday's 32 C weather.
HALEY RITCHIE/METRO

# TWEET TREATS

**Beat the heat with Ottawa's oddest ice creams and trendiest Popsicles**

metroNEWS

# Drop the beat, please

TRANSIT

## OC Transpo gets cheeky with headphone campaign

**Emma Jackson**
Metro | Ottawa


"If you can't hear this message, your headphones may be disturbing your fellow passengers."

Er, sorry, what?

That seems to be the general reaction to a bit of humour playing out on OC Transpo buses this summer, as the transit operator tries to control rampant beats with a bit of cheek.

Customers — the ones who can hear it, anyway — have been posting the message online, collecting face-palms, LOLs and smiley faces in return.

Customer services manager David Pepper said that's the point.

"It can be a conversation starter," he said.

Nobody loves to be stuck next to Nirvana Guy — no matter how much you idolize Kurt Cobain — and most can do without EDM before 9 a.m.

Pepper said loud music is a "top 10" complaint. And he insisted the message will make it to the right ears.

"Maybe the person beside them nudges them and says, 'Did you hear that?'" Pepper said.

"Maybe they heard the message earlier in the morning or they forgot their headphones at home."

It's not about looking hip, either, Pepper said, since OC Transpo bagged that reputation in 2013 when it tweeted that no one puts OC Owl in a corner.

That was called "the best tweet ever," he said.

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metro NEWS
Your essential daily news
Wednesday, August 10, 2016

# *Starstruck:* Light show of a lifetime

**An extra-special Perseid meteor shower will produce an out-of-this-world shooting star show this week. Here's why and what to expect in Ottawa.**

LUCY SCHOLEY/METRO OTTAWA

### What is the Perseid meteor shower?

Every August, the Earth journeys through the debris of the Swift-Tuttle comet, which orbits the sun every 133 years. The trail of comet leftovers burns up in our atmosphere, creating a stream of shooting stars or "Perseids." If the skies are clear, it can produce one of the most dazzling meteor shower shows of the year.

### What's so special about this year's Perseids?

Usually, the Earth strays into the edge of the Swift-Tuttle trail. But this year, it could venture farther into that debris stream. Gary Boyle, Ottawa's official backyard astronomer, says Jupiter is to thank. The biggest planet in our solar system orbits roughly once every 12 years, tugging the Swift-Tuttle comet debris closer to Earth's pathway.

### What can I expect to see?

In an average Perseid shower, viewers can spot 60 to 100 shooting stars. But this year, that number could soar to 200 meteors per hour.

### What's the best date and time to watch it?

The Earth travels through the comet debris over a period of three weeks, so you may have seen the odd shooting star recently. But the wee hours of Friday, Aug. 12 is the peak viewing time. "The moon will play a bit of a hindrance in the sky," says Boyle. "It sets just after midnight, anywhere from midnight on or 12:30 on, which is not prime time for anybody who has to get up for work." Unfortunately, Ottawa might not have the best starry sky canvas for meteor viewing, as Environment Canada is forecasting a cloudy sky Thursday night.

### Where's the best place to watch it?

"The flatter, the better, and the darker, the better," says Boyle. The cottage is the best spot for a late-night show.

### But I don't have a cottage or a car. Any other options within Ottawa?

The Experimental Farm might be the flattest area. But Boyle also recommends heading east to Orleans. Just make sure you don't unwittingly trespass on a farmer's field.

### What should I bring?

Just a blanket, some buddies and your eyes. No fancy telescopes or binoculars are required.

### Wait! If Earth ventures closer to the comets, are we in any Armageddon-style danger?

NASA says no, but such a close Perseid "outburst" could endanger spacecraft. Most meteors burn up 50 miles above Earth. Another cool NASA fact: the comets whiz by at a whopping 59 kilometres per second, which is 500 times faster than the world's fastest car.

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# Ice Cream Social: Tweet-worthy treats

This could be Ottawa's summer of Instagram-able ice cream. Creative new shops are offering icy treats that have style. As this may also be the hottest week of the summer, what better a time to try all four of Metro's picks for unusual ice creams and trendy popsicles?

Haley Ritchie
Metro | Ottawa

## Sweet Jesus

One of Toronto's latest food crazes has finally made its way to Ottawa. Sweet Jesus offers soft-serve ice cream (both dairy and vegan options) piled high with over-the-top toppings and wild themes. Sweet Jesus also specializes in espresso drinks and will be open all day – for those who have a morning sweet tooth or like their caffeine. The Ottawa location will be opening this weekend at 97 Clarence Street in the By-ward Market.

COURTESY SWEET JESUS

## Little Jo Berry's

There's no reason a dairy allergy or vegan diet should keep you from cool and creamy treats. Little Jo Berry's, a new vegan cafe at 1303 Wellington Street West, has you covered. The cafe serves a weekly roster of dairy-free Oat & Mill "ice cream" flavours created by University of Ottawa graduate Candace Tierney. The oat-based frozen dessert can be ordered by the scoop, made into a milkshake or combined with a Jo Berry baked good for a special ice cream sandwich.

COURTESY LITTLE JO BERRY'S

## Playa del Popsical

The beach-themed Playa Del Popsical truck is tucked in behind Mrs. Tiggy Winkle's along Bank Street in the Glebe between Third Avenue and Fourth Avenue. The truck serves up an ever-changing variety of fruit-flavoured popsicles, whole coconuts and snow cones. You can then enjoy your treat on the white-sand "beach" in front of the truck.

## Moo Shu

Ice cream maker extraordinaire and Carleton graduate Liz Mok opened a brick and mortar location at 477 Bank Street in Centretown earlier this summer. Inside you'll be able to try some of the most unique flavours in Ottawa, many inspired by ingredients from Hong Kong and Japan. Flavours (they're constantly changing) include black sesame, Hong Kong milk tea, and a "coffee, cinnamon, goats milk and fig" combo.

HALEY RITCHIE/METRO

HALEY RITCHIE/METRO

WEATHER

# We're on track for one of the hottest summers ever: expert

Emma Jackson
Metro | Ottawa

Mother Nature has cranked up the thermostat and she's not turning it down any time soon.

Ottawa's on track for an above-average August, according to Environment Canada meteorologist Peter Kimbell, who said the first nine days of the month are "well above average."

There's a heat warning in effect as we face temperatures as high as 34 degrees this week.

By Friday, we'll have had 27 days above 30 degrees so far this year, more than double the annual average of 13.

To get back to normal, the last two weeks of August must be well below average, and Kimbell said he doesn't see that happening.

While it's been a hot, dry season overall, Kimbell noted it's not as extreme as you might think.

While we're seeing lots of high daytime temperatures, the dry air has allowed the evenings to be cool, bringing down the overall average, he said.

May was only one degree above normal, June was average and July was only half a degree higher, Kimbell said.

What isn't average is the rainfall. Since the beginning of May Ottawa's only had 149 mm of rain, compared to the expected 265 mm – about 56 per cent of normal, Kimbell said.

That's caused a "moderate drought" in Ottawa's watersheds, according to the Rideau Valley Conservation Authority.

Reservoir lakes along the Rideau River, like Big Rideau and Wolfe Lake, are 30 to 40 cm lower than usual for this time of year.

The RVCA said lakes in the watershed are dropping one or two centimetres a day, and cautioned boaters to watch out for newly exposed rocks and shoals.

Ottawa's not the only city melting under a punishing sun.

All across Eastern Canada, hot, dry weather has dominated the summer season. Nova Scotia restricted access to some of its provincial and national parks Tuesday as it fights several wild fires near Kejimkujik National Park west of Halifax.

QUEEN'S PARK

# Former PC leader Tim Hudak to resign for job in real estate

**Tim Hudak announces his resignation as Ontario PC leader in 2014.** NATHAN DENETTE/THE CANADIAN PRESS FILE

Politicians of all stripes praised Tim Hudak on Tuesday after the former Progressive Conservative leader announced he's quitting the legislature to become CEO of the Ontario Real Estate Association.

Hudak was first elected at age 27 in the Mike Harris-led Tory sweep that defeated the one-term New Democrat government of Bob Rae in 1995.

Four years later he found himself at the cabinet table as minister of tourism and then minister of consumer and business services.

His wife, Deb Hutton, was a senior adviser to Harris when the two met and married.

Hudak, 48, was elected PC leader in 2009, but failed to defeat the Liberal government in the 2011 and 2014 elections, even though the Conservatives had big leads in public opinion polls heading into each campaign.

He came under widespread criticism even from many Conservatives in the 2014 campaign when he promised to fire 100,000 public sector workers if the Tories got elected, an issue many blamed for their defeat.

Hudak emerged as a stronger MPP after stepping down as leader following the 2014 defeat, championing the sharing economy and more liberalized liquor laws, but never seemed to see eye-to-eye with new PC Leader Patrick Brown.

He's also been hosting a radio talk show on weekends that is syndicated in several Ontario cities.

Premier Kathleen Wynne has six months after Hudak resigns to call a byelection in his riding. There is also a vacancy in the Ottawa-Vanier riding created when former attorney general Madeleine Meilleur resigned in June, and that vote must be called by December.

THE CANADIAN PRESS

# Red tape hinders green work

COMMUNITY

## Sustainable initiatives bogged down by bureaucracy

**Emma Jackson**
Metro | Ottawa

You finally get a community and developer on the same page, and then bureaucracy goes and ruins it.

Green initiatives at the Greystone Village development in Old Ottawa East have been delayed up to nine months because of slow approval processes and poor communication, according to Sustainable Living Ottawa East.

The committee has been working with Regional Group for more than a year to develop low-impact storm water solutions for the major residential project beside the Rideau River.

Regional had agreed to use permeable paving, rain gardens and bump-outs to help reduce storm run-off, according to group leader Rebecca Aird.

They were to be experimental, redundant systems, backed by traditional infrastructure, so the developer, city and province could monitor the relatively new concepts.

But as site servicing moves forward, there's no sign of the green initiatives, because the province requires them to undergo a full application review.

The fact that they're redundant doesn't change the six- to nine-month timeline.

Regional Group's Josh Kardish said the delay took his engineers by surprise. Not willing to hold up construction, his team now plans to retrofit the green initiatives later.

Still, Aird said she's concerned the green plan has been "whittled away" by the delays.

The developer's now only talking about bump-outs — basically more green space to soak up rain — and she's not convinced the other initiatives will make the cut.

"We've done a fair bit of work on our end, the developer seems willing, and yet we're not really getting a lot of traction," Aird said.

## IN BRIEF

**Chiropractor sentenced under old sex assault laws**

A former Ottawa chiropractor found guilty of molesting his patients was spared jail time — partly because his crimes were committed years before the country's sexual assault laws were changed.

Michael Beaton, 77, was convicted in June of committing an incident act in relation to incidents with male patients in the late 1970s and early 1980s and one count of sexual assault in relation to an incident with another man in 2003.

The judge handed the retired chiropractor a 15-month conditional sentence Tuesday, with the first seven months to be served under house arrest.

"He should have got jail time," said one of the victims. JOE LOFARO/METRO

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# Disease outbreak on warship

MILITARY

## Hand, foot and mouth disease aboard HMCS Charlottetown

A Canadian warship deployed at sea on a NATO mission has been hit by an outbreak of hand, foot and mouth disease, Torstar News Service has learned.

Some 20 sailors aboard HMCS Charlottetown came down with the contagious disease in recent days, which can cause painful sores and lesions on the tongue and gums as well as on hands and feet.

A military spokesperson confirmed the outbreak and said that personnel were being treated to ease the symptoms of hand, foot and mouth disease (HFMD).

"Members with HFMD on board HMCS Charlottetown are being treated to help alleviate their symptoms as required," Capt. Nicola LaMarre said.

The frigate sailed from Halifax on June 27 to take part in Operation Reassurance, Canada's contribution to NATO deterrence deployments in Eastern Europe.

In mid-July, the ship was in the Black Sea where it participated in NATO operations, including exercises to hone anti-submarine warfare skills.

It's back in the Mediterranean Sea and spent the weekend docked in Souda Bay, on the Greek island of Crete, for a scheduled port visit.

As HMCS Charlottetown returned to sea Tuesday, there were just two active cases of hand, foot and mouth disease on the frigate, LaMarre said.

"None of the cases of HFMD on board HMCS Charlottetown have caused serious illness or impacted operations. All of the members are being treated by the medical personnel on board the ship in accordance with established medical protocols," she said. TORSTAR NEWS SERVICE

### MEDICAL CARE

**Canadian frigates, which sail with a crew of just over 200, don't usually carry a doctor.**

- Medical care is provided by a physician's assistant, who can consult with doctors onshore.
- There is no vaccination or specific treatment for hand, foot and mouth disease, though medication can be taken to relieve the symptoms.
- The disease can be spread by close contact close personal contact, coughing or sneezing and touching infected surfaces.

**Ugandan LGBTQ swimmers in Edmonton for international competition are thrilled to be seen as equals.** KEVIN TUONG/FOR METRO

EQUALITY

## Ugandan LGBT swimmers embrace opportunity to swim in Edmonton

Alex Boyd
Metro | Edmonton

When the police raid started, Adebayo Katiiti was on a nightclub runway, about to hand over his crown to Uganda's new Mr. Gay Pride.

"They started grabbing people, beating trans women, beating trans men, beating us up," he said. "It was really too much."

That was last week.

This week, the personal trainer and football player is in Edmonton as part of a five-person Ugandan team competing in the International Gay and Lesbian Aquatic championships for the first time.

It's an abrupt change of scenery.

"Whenever I think about it, I even dream about it, it is always on my mind," he said of the raid. "At least bringing me here to the competition, it's going to make me feel calm."

This year's championships have attracted 400 athletes from 10 countries to the city, where they'll face off in events like swimming, diving and water polo. But if it's about athletics, it's also about bringing together a community that still faces widely different circumstances worldwide.

"Sports are really important (and) what better way to show we can participate?" event co-chair Mike Stansberry said at a roundtable Monday. "Sports unite people."

This is the first time a Ugandan team has been able to take part in IGLA.

While team members point out their country has a vibrant LGBTQ scene, same-sex activity is punishable by up to 14 years in prison, which has made public activism difficult.

The east African nation is one of the 74 countries where same-sex relationships are illegal, according to the International Lesbian, Gay, Bisexual, Trans and Intersex Association.

TRUDEAUMETRE

## Website engaging global audience

Lucie Edwardson
Metro | Calgary

The idea of a Calgary man to hold Prime Minister Trudeau accountable for his election promises has taken international flight.

Dom Bernard is the owner of Covosoft and creator of the Trudeaumetre— a non-partisan website that tracks the Prime Minister's election promises and allows citizens to enter into a dialogue about them.

"People are always commenting on promises that matter to them," he said. "There are some platforms out there that are more biased, but our website we made sure it was non-partisan—it's free and open to everyone."

It's not just free to Canadians either.

"People around the world have been contacting me," he said. "When that happens and someone from Argentina or India or wherever reaches out I just give them the code and the framework and say go ahead and do it."

Websites using Bernard's idea, code and framework have since popped up in Argentina, Sweden and Jamaica. Bernard said there will also be one launching shortly in India.

So far on Trudeaumetre, Bernard and his team have seen action on 114 out of 220 promises made by Trudeau. No progress has been made on 106 of them, 62 promises are in progress, 34 promises have been achieved and 18 have been broken.

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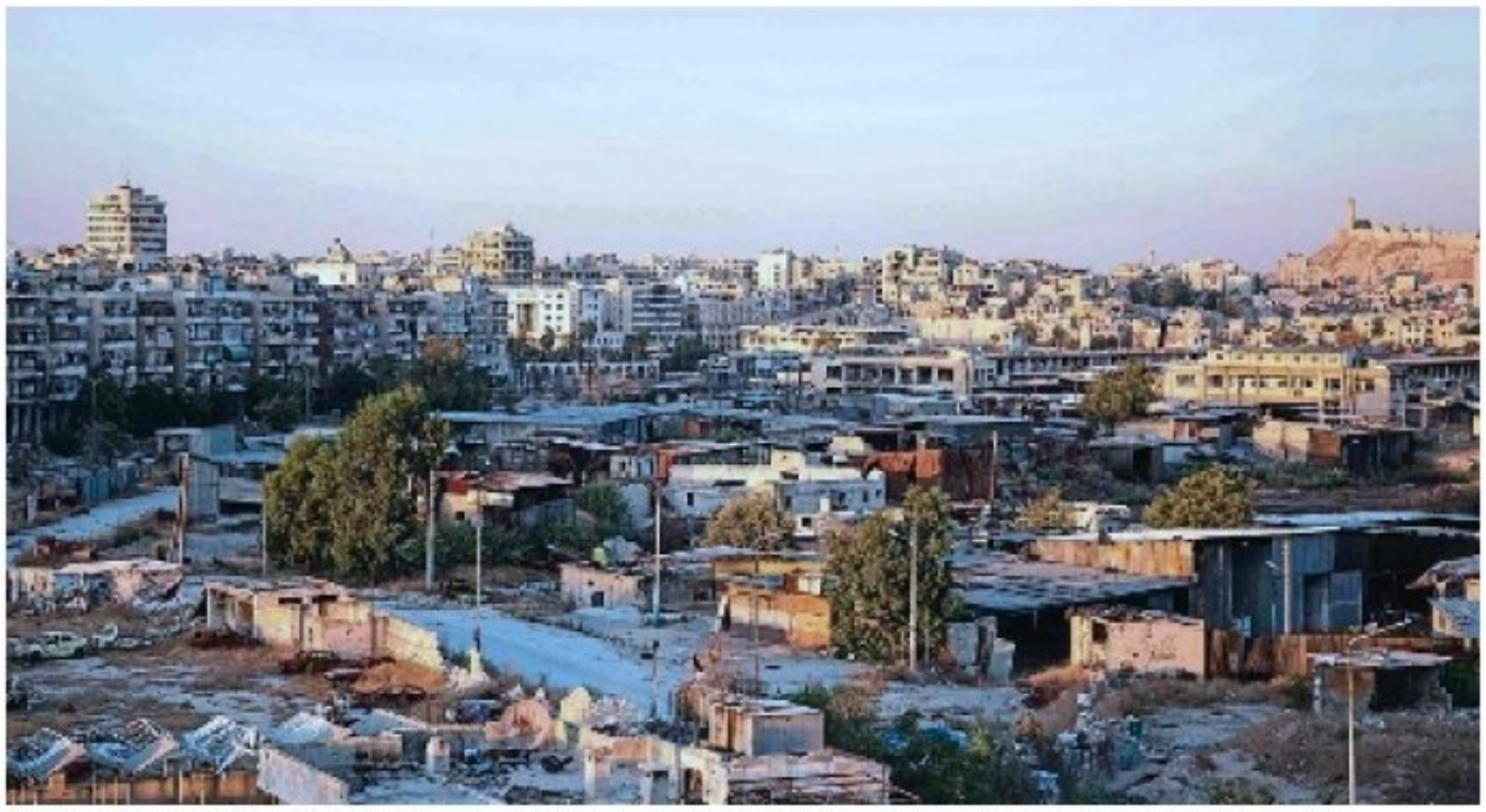
# Aleppo in dire situation

MIDDLE EAST

## Besieged city in Syria is home to more than 250,000 people



Karaj al-Hajz corridor in the rebel-held part of Aleppo, leading towards the government controlled area of the Masharqa neighbourhood in the background. AFP/GETTY IMAGES

Experts painted a graphic portrait of barrel bombings, attacks on medical facilities, chemical weapons use and the ongoing suffering inside the besieged Syrian city of Aleppo, shaming the international community for its inaction at an informal Security Council meeting organized by the United States.

Dr. Zaher Sahloul, a Syrian-American doctor from Chicago, told the meeting held Monday that medical facilities in eastern Aleppo are routinely targeted, creating a situation where people are dying from treatable conditions for lack of medical care and basic supplies.

Sahloul said he asked a nurse there what she wanted most from the United Nations and she replied that she wanted help evacuating a 10-year-old girl named Shahd who was wounded by a barrel bomb and is now dying due to a shortage of medicine.

"We don't need condemnations, prayers or pointing fingers, we had enough of that. I ask you to meet the people of Aleppo and see them as humans. I have one request, besides saving Shahd, visit Aleppo yourself and meet with its doctors, nurses and patients. If three doctors from Chicago were able to do that, you can do it," Sahloul told diplomats.

Sahloul then showed slides showing women and child victims.

Currently, more than 250,000 people are besieged by government forces in the eastern part of Aleppo, a city that has been divided into rebel and government-controlled parts since 2012.

The government completely closed the main road into the rebel-held areas of Aleppo on July 17, effectively cutting off all supplies and exit routes.

Rebels breached the Syrian government siege on opposition neighbourhoods in Aleppo on Saturday, opening a corridor in the south and marking a major military breakthrough, but observers said civilians still don't have a safe route out because of intense airstrikes and shelling in the area.

UN officials in Syria also urgently called for a humanitarian pause to repair Aleppo's damaged water and electricity infrastructure and provide aid to those trapped in the eastern part of the city.

"Water available through wells and tanks in Aleppo is not nearly enough to sustain the needs of the population. The UN is extremely concerned that the consequences will be dire for millions of civilians if the electricity and water networks are not immediately repaired," said the statement signed by Yacoub El Hillo, UN resident co-ordinator for Syria, and Kevin Kennedy, regional humanitarian co-ordinator for the Syria crisis.

"At a minimum, the UN requires a full-fledged ceasefire or weekly 48-hour humanitarian pauses to reach the millions of people in need throughout Aleppo," the statement continued.

Abdullah Nawhlu, a member of Syrian Civil Defence, a neutral and impartial humanitarian group, speaking by video from Aleppo, described a dire situation with rapidly dwindling stocks of food and fuel, not to mention medical supplies.

"If the siege of Aleppo continues … greater humanitarian disasters will happen, as there will be no medicine for the injured and no flour for people to bake with," Nawhlu said as a constant barrage of gunfire could be heard in the background.

THE ASSOCIATED PRESS

**BY THE NUMBERS** ALEPPO IN CRISIS

| 250,000 | 35 | 15 |
|---|---|---|
| The number of people besieged by government forces in Aleppo, Syria. | The number of physicians remaining in the city. | The number of health care facilities attacked in Aleppo in July alone. |

### + U.N. RESPONSE

Meanwhile, the UN and its partners said they are "ready to roll" with aid to Syrians, but the deteriorating security situation in the country is keeping it from being delivered. Undersecretary-General Stephen O'Brien said the risk "has been too grave, too difficult."

ITALY

## Pasta with a side of humanity

Police in Rome have come to the "rescue" of an elderly, quarrelling couple by cooking them two plates of pasta.

The 94-year-old man and the 89-year-old woman – married for nearly 70 years – were shouting and crying recently at their home in an apartment building in the Appio neighbourhood of Rome.

According to a police statement posted to Facebook, the couple, named Jole and Michele, told the police they were lonely. No one had visited them in a long time.

Jole in particular was upset at the stream of bad news she watched on the TV each night.

"Attacks, child abuse … Jole wonders why there is so much evil in the world," the Facebook post said. "Sometimes the loneliness melts into tears."

The post said the four officers realized there was no crime in progress and no forms to fill out. The couple were just "two souls" who needed reassurance.

So the officers set to work treating them to dinner, using the couple's tiny kitchen and what ingredients they had at their disposal: spaghetti, butter, cheese plus a "precious ingredient — all their humanity."

One officer cooked at the stove while the other three set about to entertain their new friends, the statement said.

And the couple ate with gusto.

THE ASSOCIATED PRESS

Jole and Michele AP

U.S. ELECTION

## Trump makes crack about armed citizens stopping Hillary Clinton

Even by Donald Trump standards, this was a surreal campaign controversy.

After suggesting for days that the election might be stolen from him, the Republican nominee Tuesday appeared to joke about armed citizens stopping his opponent Hillary Clinton.

Democrats called his language dangerous. Trump said his remarks at a rally were misinterpreted. Republicans lamented another wasted campaign day, stuck in controversy rather than rolling toward a vote-winning message.

Trump was lamenting to supporters about what might happen if his opponent won and reshaped the Supreme Court with liberal judges, who would then undo constitutional gun rights: "If she gets to pick her judges, nothing you can do, folks."

"Although (with) the Second Amendment people, maybe there is, I don't know."

That reference to the constitutional right to bear arms prompted very different interpretations — ranging from some who saw it as an innocuous call for gun owners to organize politically, to others who saw it as a joke about insurrection, to those who saw it as a crack about political assassination.

A man seated behind him on stage at the North Carolina rally reacted in surprise, his mouth popping open. The man turned to the woman beside him, who was chuckling.

THE ASSOCIATED PRESS

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# Focus on healthy food boosts sales at A&W

RESTAURANTS

## Fast-food operator expanding across Canada

Bolstered by an ongoing strategy to beef up its food quality and customer experience, A&W is now expanding rapidly in Canada despite the challenging environment fast-food giants face.

While some market leaders appear to have stumbled navigating changing consumer demands for healthier foods made up of more high-quality ingredients in recent years, A&W has continued to post record strong growth, according to food analysts.

For its 2015 financial year, the fast-food operator reported same-store sales growth of nearly eight per cent, said Elizabeth Johnston, equity research associate for Laurentian Bank Securities. That's higher than most of A&W's quick-service competition, which has recently ranged anywhere from negative one per cent to five per cent.

Thanks to a focus on food quality and customer experience, A&W is now expanding rapidly in Canada. THE CANADIAN PRESS

McDonald's Canada, by way of comparison, recorded several years of sliding sales figures and operating profits before marginally beginning to post improvements in 2016, according to estimates by industry research firm IBISWorld's April report on the Canadian fast-food restaurant industry.

A&W, however, has been ahead of the curve by incorporating higher quality ingredients in its food, said IBISWorld industry analyst Andrew Alvarez, "which has helped them significantly."

In 2012, the chain started serving up beef from cows raised without the use of hormones or steroids. The company followed that up with chicken and pork raised without the use of antibiotics, and eggs from hens fed a diet free of animal byproducts.

"These items speak to a changing demographic, a younger demographic for whom this quality is a focus," said Johnston. "Maybe they don't eat quick service or fast food all the time, but when they do they're making a choice to eat at A&W."

Since A&W opened its first restaurant in Winnipeg in 1956, the chain has grown to 858 Canadian locations as of June 19, according to its first quarter report for the 2016 financial year.

THE CANADIAN PRESS

LENDING

## Instalment loan debt rising: TransUnion

Debt levels on short-term, high-risk instalment loans grew by 6 per cent in the second quarter of 2016, double the pace of more traditional loans, suggests a TransUnion report to be released Wednesday.

TransUnion's Industry Insights Report for the second quarter found balances and delinquencies on instalment loans rose significantly from 2015 to 2016, outpacing the average across all types of loans studied, including auto loans, credit cards and lines of credit.

Instalment loans are often offered by alternative, non-bank lenders to consumers who do not qualify for more traditional bank loans because their credit has been damaged. Some carry interest rates as high as 59.9 per cent, just shy of the 60-per-cent rate considered illegal in the Criminal Code.

Delinquency levels — loans that are 90 or more days past due — have risen on instalment loans in the past year, though that's largely concentrated in Alberta and tied to the downturn in the oil sector, said Jason Wang, TransUnion's director of research and analysis in Canada.

TORSTAR NEWS SERVICE

### IN BRIEF

**Delta systems still slow**

Delta Air Lines says some computer systems are still working slowly more than a day after an outage crippled the airline and led to more than 1,500 cancelled flights. Delta cancelled more than 1,000 flights Monday and more than 500 Tuesday.

THE ASSOCIATED PRESS

### market minute

**DOLLAR** 76.20¢ (+0.23¢)

**TSX** 14,801.23 (+45.61)

**OIL** $42.77 US (–25¢)

**GOLD** $1,346.70 US (+$5.40)

**NATURAL GAS:** $2.61 US (–13¢)
**DOW JONES:** 18,533.05 (+3.76)

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metro VIEWS
Your essential daily news
Wednesday, August 10, 2016

## ROSEMARY WESTWOOD
## ON CAMPUS SEXUAL ASSAULT

# A new report obtained by Metro suggests that Ontario's widely lauded sexual assault law, which has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

If you had any doubt that Canadian universities are woefully ill-equipped and objectively ineffective at dealing with sexual violence, we now have research to prove it.

It's a fact that media investigations have revealed in recent years that sexual violence advocates and survivors know all too well.

And it's now borne out by the most comprehensive report on experiences of campus sexual violence completed in this country.

"The Response to Sexual Violence at Ontario University Campuses," a scathing, 56-page research report, has been obtained by Metro. The result of an independent investigation funded by the Ontario government, it calls for a "massive change" in how schools handle sexual violence, says principal investigator Dawn Moore, an associate professor of law at Carleton.

The report singles out five distinct, broad areas of concern and makes 18 specific recommendations to fix them, including the creation of anonymous sexual-violence reporting systems on campuses and an independent, community-based oversight body to review universities' responses to sexual violence.

Perhaps most troubling for governments seeking to legislate change, the report suggests that Ontario's Bill 32, the widely lauded sexual assault policy that has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

The five major findings:

1. There are pervasive rape myths on campuses, and staff often blame victims or discount their stories. The common university "risk-management approach" frames survivors as a problem to be solved

2. Survivor-centred policies, while intended to give victims of sexual violence agency, actually function to silence and minimize rape on campus

3. "Institutional silos" at schools create a "frustrating bureaucratic nightmare" for survivors and, at worst, "justify inaction by respective units throughout the university"

4. A broad lack of education for students and training for staff on healthy sexuality and sexual violence perpetuates rape myths

5. Survivor resources are both difficult to access and poorly staffed.

Over four months, from this past March to June, the research team completed an extensive review of existing literature, and noted a disturbing lack of comprehensive campus sexual-violence studies in Canada. They conducted site-specific research at three universities — Carleton, Lakehead, and Waterloo — where they interviewed sexual-assault survivors, administrators and service providers, campus security and police, and students. What surfaced was an insidious and widespread systematic failure to make campuses safer and support those who are harmed by sexual violence.

"A defining feature of university responses to sexual violence is the absence of formal reports," the researchers concluded — a fact that administrators attribute to the wishes of survivors who prefer "informal remedies." Not only do those remedies often prove lacking, but the lack of formal reports deliver a silencing effect, giving schools an excuse not to collect data that would more accurately represent the prevalence of sexual violence.

When survivors do report, they feel "bounced around" between "sexual assault centres, equity offices, health and counselling, academic support services, deans and VP students as well as campus security," none of which "appear to be in conversation with each other, even when it was about individual cases," the report concludes. The researchers found no system to monitor disclosures of sexual violence, and no system for consistent information sharing at any of the schools. In effect, no one is tracking perpetrators.

Better reporting is a cornerstone of the Ontario Liberals' new bill on sexual violence on campus, and then B.C.'s and Manitoba's. But while the report certainly calls for a more streamlined process, it also suggests universities should "move beyond" this effort and "concentrate more on service provision, informal remedies and the prevention of sexual assault."

Since so few survivors want to make formal reports, schools have a better shot at serving them via counselling and health services, academic help and safety plans that help survivors avoid their abusers, researchers concluded.

Dawn Moore, the principal investigator, said she's cautiously optimistic the report will be translated into on-the-ground changes, and she cited this particular cultural moment around sexual assault: "In the 20 years I worked on violence against women, this is the first moment in history where I've felt like maybe we have a chance," she said.

To that end, a spokesperson for the Ministry of Community Safety and Correctional Services, which is reviewing the report, told Metro, "This research may help us identify gaps and potential best practices and support the development of tools to improve police responses and investigations across the province."

At the highest level, Moore said, she hopes the report forces "universities to stop thinking about sexual violence as a risk to be managed."

And at the very least, it's given lie to years of lip service that universities are doing all they can to help survivors of sexual violence, and end campus rape.

**CONSENT** A student wears a "No means no" badge at a rally at Saint Mary's University in 2013. A new report has aimed scathing rebukes at government reforms aimed at curbing rape culture at Canadian universities. THE CANADIAN PRES FILE

# Liberals' economic goals depend on world forces

**Paul Wells**

But enough of summer silly-season stories. Justin Trudeau's biggest problem isn't that he has spent August wearing only half his clothes. It's that Canada has spent 2016 wearing only half its economic growth.

The other day I caught up with a Liberal who's involved in preparing next spring's federal budget. It's supposed to be the fun one. New governments' first budgets are normally delivered within only a few months after an election by rookies unsure of their roles, offering only tweaks to the previous government's assumptions and work habits. With the second budget, a government can begin to etch its philosophy into the books.

Finance Minister Bill Morneau's budget next February or March will lay out the details of Phase Two of the government's infrastructure plan, dozens of billions of dollars in new money for high-profile city-building projects, big new transit projects, and the like. Other measures should describe the transition to a lower-carbon, higher-innovation economy. All of this is what the Liberals suppose they were elected to do.

So why was my acquaintance so glum? Low growth.

"We say that everything we do, taken together, will add a point to GDP growth," this person said. "Well, first, we'll see whether we can do that. But, second, it depends what level of growth we're given by the global economy. ... It doesn't help all that much if that means growth goes from 1 per cent to 2 per cent."

When the Liberals wrote their election platform in the spring of 2015, the Bank of Canada was projecting 2.5 per cent GDP growth for 2016. By last October, the bank had cut the projection to 2 per cent. Last month, the bank revised down again, to 1.3 per cent.

Compare and contrast. For four wild years at the end of the 1990s, from 1997 to 2000, GDP growth soared between 4 and 5 per cent. Those were the days when Jean Chrétien and Martin launched the Canada Foundation for Innovation and the Vancouver Agreement, cut income taxes by an amount comparable to Stephen Harper's later GST cut, and still managed to sharply increase cash transfers to the provinces.

Those heady achievements were fuelled by collapsing interest rates, the first internet tech boom, and the happy coincidence that Ontario was tucked into the middle of the United States during a rampaging economic recovery.

None of this can be said today. Interest rates aren't going much lower. There's a sense that tech has coughed up all the productivity gains it could have offered. And while Hillary Clinton's election seems likelier every day, she has no magic plan to boost growth in our largest export market.

There is only so much any Canadian government can do to influence the country's economy; we are captive to world trends. And sharply limited growth would put a low ceiling on all the Trudeau government's aspirations.

In two weeks Trudeau's cabinet will travel to northern Ontario for the third in a series of quarterly retreats. The first two were relaxed and upbeat. This one will have an edge. The boss plainly took care to ensure he enjoyed his summer. Here's hoping the rest of them did too. Recess is over.

**Paul Wells** is a national politics columnist for the Toronto Star.

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# A look behind mushroom magic

CONSUMER KNOWLEDGE

## Company says it can block bitter taste — is that possible?

**Genna Buck**
Metro Canada

It's a simple, smart business idea that addresses a real need.

ClearTaste, an odourless, tasteless food additive derived from mushrooms, blocks the action of bitter taste receptors on the tongue, making bitter, sour, and astringent foods more palatable.

Adding it to naturally bitter foods like chocolate, according to the Colorado-based producer, MycoTechnology, allows the sugar content to be reduced by 50 to 90 per cent.

In an interview, MycoTechnology's marketing director Josh Hahn declined to describe ClearTaste's chemical composition, exact mechanism of action, or, citing trade secrets, the types of mushrooms it contains.

And the company's scientists haven't published any peer-reviewed research yet, although they're at work on a paper now.

This poses a bit of a pickle for consumers. Without much information to go on, it can be hard to evaluate whether a product's claims are supported by sound science.

ClearTaste is already on the shelves in U.S. processed foods, and it's expected to arrive in Canada as soon as this fall.

Marketed as a "universal bitter blocker," a boon for diabetics and healthy eaters, ClearTaste has been the subject of some breathless media reports.

"Researchers have finally discovered the key to naturally stripping sugar from all our foods," gushed Atlantic Media's Quartz site. "This All-Natural Solution Could Curb Our Sugar Addiction," enthused PSFK.com.

But Dr. Prashen Chelikani, a professor of oral biology who runs at lab at the University of Manitoba that develops bitter blockers, had a word of caution about the phrase "universal bitter blocker."

"In humans we have 25 bitter taste receptors," he said. "If it's blocking all 25, they can classify it as a universal bitter blocker. Right now, I don't know of a blocker that can block all 25 receptors."

ClearTaste most likely contains one or more of the 13 bitter blockers currently known to science, Chelikani explained, and perhaps something else that blocks sour receptors (those are a totally different thing, structurally speaking).

But there's no way to know unless the company publishes that information, he said, and "some companies don't publish."

MycoTechnology CEO Alan Hahn said the company plans to protect ClearTaste with some combination of patents — whereby more information about how it's made and what it contains would be made public — and trade secrets, which are, as the name suggests, secrets.

**FOOD**

**When is ClearTaste coming to Canada?**

MycoTechnology is working with B.C.-based GLG LifeTec on a low-calorie sweetener containing its bitter blocker ClearTaste plus stevia leaf, which naturally has bitter and metallic notes.

When pressed on the term "universal bitter blocker," he clarified that the product is "functionally universal": It works on all the bitter foods and drinks the company has tried it in. However, it's not technically universal, because it doesn't block all 25 receptors.

University of Toronto genetics professor and open innovation advocate Aled Edwards encouraged consumers to be skeptical of all natural health remedies and functional foods, not just bitter blockers.

"Science is used as a marketing tool, not as a discipline."

MycoTechnology's work raises interesting questions about sharing scientific knowledge in the public interest, because there are important applications for bitter blockers.

For example, children's tolerance for bitter medications is very low, and though nasty-tasting meds are masked with sweeteners, that only works up to a point, Chelikani said.

Plus, he said, bitter receptors exist in other parts of the body, like the gut. Their function is still being discovered. But they could become important drug targets in the future.

Hahn didn't have much to say about the possibility of other applications of the chemicals in ClearTaste. The company is focused on foods for now. "If there are other applications, we'd like to understand what the possibilities are. It really depends," he said.

**Illustration: Companies like MycoTechnology, which makes bitter blockers using mushrooms, keep a lot of their science to themselves. This makes it hard for consumers to evaluate whether claims are supported by evidence.** ISTOCK

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# A peachy riff on the upside-down cake

This upside-down cake tosses aside the traditional pineapple in favour of peaches, which are prolific this time of year. CONTRIBUTED

RECIPE

## This is the perfect treat to use all that in-season fruit

**Ricardo Larrivée**
For Torstar News Service

Do you remember the first time your mom made an upside-down cake and you watched her flip it over to expose the beautifully caramelized fruit underneath? I do.

I can still remember the mouth-watering aroma. Bring some of that magic into your home with this version of a classic upside-down cake, made with juicy, seasonal peaches instead of the usual pineapple.

Peaches are at their very best right now, and this recipe is a straightforward showcase: The honeyed-stone fruit's unmistakable taste is the perfect foil for fluffy vanilla cake.

If you wisely decide to top it with a scoop of vanilla ice cream, well, that's summer on a plate.

Pro tip: Leave the peel on the peaches. This saves you a pesky step and it also seals the juices, so they burst with sweet nectar when you bite in (it also prevents the cake from getting soggy).

Now that's what I call having your cake and eating your peaches, too.

### Peach upside-down cake

**Ingredients Peaches:**
- 1/4 cup (60 mL) of honey
- 2 tbsp sugar
- 1 tbsp (15 mL) lemon juice
- 5 peaches, unpeeled, halved and pitted

**Ingredients Cake:**
- 1 1/4 cups (190 g) unbleached all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 3 eggs, separated
- 1 1/4 cups (265 g) sugar
- 1/2 cup (115 g) unsalted butter, melted
- 1 tsp (5 mL) vanilla extract
- 1/2 cup (125 mL) milk

**Directions:**

**1.** With the rack in the lowest position, preheat the oven to 350°F (180°C). Generously butter a 9-inch (23 cm) square baking dish.

**2. For the peaches:** Spread the honey, sugar and lemon juice at the bottom of the dish. Place 9 of the peach halves into the dish, side-by-side in three rows, cut side down. Set aside.

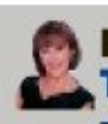
**3. For the cake:** In a bowl, combine the flour, baking powder and salt. Set aside.

**4.** In another bowl, beat the egg whites with an electric mixer until soft peaks form. Gradually add 3/4 cup (160 g) of the sugar, beating until stiff peaks form. Set aside.

**5.** In a third bowl, cream the butter with the remaining sugar, the egg yolks and vanilla with an electric mixer. At low speed, add the dry ingredients alternately with the milk. Using a spatula, gently fold in the meringue.

**6.** Spoon the batter over the peaches and bake for 50 minutes or until a toothpick inserted into the centre of the cake comes out clean. Let cool for 15 minutes. Run a thin blade between the cake and the pan and unmould by inverting onto a plate.

If desired, serve with vanilla ice cream. Delicious warm or cold.



## ROSE REISMAN
## THE SAVVY EATER

**THIS WEEK:** Hot dogs

If summer outings have you indulging in one too many hot dogs, swap it for the occasional veggie dog.

**PICK THIS**

**Yves Veggie Dogs (without bun)**
**Calories** 50
**Fat** 1g
**Sodium** 320mg

**SKIP THIS**

**Maple Leaf Top Dogs Original BBQ Size (without bun)**
**Calories** 160
**Fat** 14g
**Sodium** 480mg

**HERE'S WHY**

**Equivalent to three 6" Roast Beef subs from Subway in fat**

From ballgames to BBQs, hot dogs are a popular and easy pick in the summer, but I urge you to limit these processed forms of meat. These hot dogs are made with mechanically separated chicken, pork and beef, and also contain sodium nitrite, which has been linked to an increased risk of certain cancers. They also have three times more calories and a third more sodium than the veggie dog, which has virtually no fat compared to the hot dog.

**Correction:** Last week's column incorrectly stated that the Dairy Queen Cotton Candy Blizzard was equivalent to two 2L bottles of Coke in sugar; it should have stated two 16oz bottles of Coke in sugar.

## LIQUID ASSETS

**Toast the Olympics with a Brazilian spirit**

When it comes to a post-performance liquid our Olympic athletes in Brazil may have to contend with cachaça (kah-SHAH-sa): Brazil's most popular alcohol-based beverage.

Though made with sugarcane juice (rather than molasses like most rums) cachaça often gets lumped in with the rum category much to the chagrin of Brazilians who consider it a more refined spirit.

Refined may be a bit of an overstatement. Taken straight cachaça can taste like it's been filtered through a used sweat sock. That's why, here in Canada, versions like the surprisingly smooth Leblon Cachaça (700ml, $37.29-$38.33) are used more as the base for tropical-style drinks. The simple to make caipirinha (kye-peer-EEN-yah) is Brazil's national cocktail. Just muddle half a lime cut into wedges with a half teaspoon of sugar then add the cachaça and some ice.

PETER ROCKWELL/METRO

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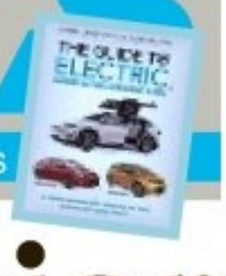


# Family-friendly weekend warrior

ALL PHOTOS PETER BLEAKNEY

REVIEW

## New Crosstrek great on trails, but a bit blah in the city

Dan Ilika
AutoGuide.com

A void was left in the market when the Honda Element was scrapped, one that was quickly filled by the Subaru Crosstrek.

Both took aim at the adventurous type, or at least those who like to project that image. From getting groceries to getting outdoors, you'd be hard-pressed to find better family-friendly weekend warriors.

Unlike the Element, though, the Crosstrek is usable for more than just looking like the boxes you're carrying behind the tailgate. It offers the ride height and commanding view of the road consumers crave. And unlike its competitors, the Crosstrek gets its bones from the compact Impreza, giving it a leg up when it comes to versatility.

The Crosstrek may look like an Impreza hatch with a bunch of plastic bits bolted to the side, but it's much more than that — kind of. Yes, the two share the same powertrain and basic architecture, but the Crosstrek sets itself apart from its platform mate almost immediately. Its wheelbase is about half an inch shorter than the Impreza hatch, and it rides much higher, with the Crosstrek's 8.7 inches of ground clearance matching the likes of the Jeep Cherokee when it comes to clearing obstacles.

The fender flares and body cladding — that stuff's mostly just for show. But the all-wheel drive and locking centre differential that promises a 50/50 torque split — those are the real deal, and they bring a certain level of legitimacy here.

The Crosstrek comes alive when the trail begins, and feels confident that it can tackle just about any terrain. Its engine isn't the most powerful, but it's more than enough for light trail duty, while the standard five-speed manual allows for the torque control necessary to negotiate less-travelled paths. The locking centre diff fights off any loss of traction that inevitably occurs, and the suspension has enough travel to handle all sorts of rocks, ruts and roots.

So where does it go wrong?

Get back to the asphalt and the Crosstrek loses almost all its personality. The chassis and drivetrain that is so communicative on the trail simply isn't on the road, getting lost somewhere on the way and leaving the Crosstrek feeling like a pretty pedestrian compact that offers very little to get excited about.

The Crosstrek's saving grace when it's back to civilization is its versatile interior. It's spacious and comfortable, and can haul around just about anything you'd want, because unlike the subcompact-based competition, the Crosstrek's larger dimensions translate into more passenger and cargo room.

## THE CHECKLIST | 2016 SUBARU CROSSTREK MANUAL

**THE BASICS**

**Engine:** 2.0L four-cylinder
**Power:** 148 hp, 145 lb-ft
**Transmission:** Five-speed manual; CVT
**Fuel Economy:** 10.2 L/100 km city, 7.7 L/100 km hwy (manual)
**Price:** Starts at $24,995 (before freight)

**LOVE IT**

- Impressive offroad ability
- Interior versatility

**LEAVE IT**

- Underpowered engine
- Five-speed manual
- STARLINK smartphone interface

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By selecting lease or finance offers, consumers are foregoing this $5,445 credit which will result in higher effective interest rates. $4,750 is a combined total credit consisting of $750 GM Card Application Bonus, offer applies to individuals who apply for a Scotiabank GM Visa Card (GM Card) or current GM Card cardholders (tax inclusive), and a $4,000 manufacturer to dealer cash credit (tax exclusive) on a 2016 Terrain (excluding SLE-1 AWD), which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $4,000 credit which will result in higher effective interest rates. Discounts vary by model. Selected vehicles eligible for the cash rebate are not the same as those eligible for the 0% financing advertised. Limited time offer which may not be combined with certain other offers. 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After the trial period (if applicable), an active OnStar service plan is required. ©Based on 2016 Insurance Institute for Highway Safety (IIHS) testing. ®Bluetooth is a registered trademark of Bluetooth SIG Inc.

# BMW restores Presley's roadster

## IN BRIEF

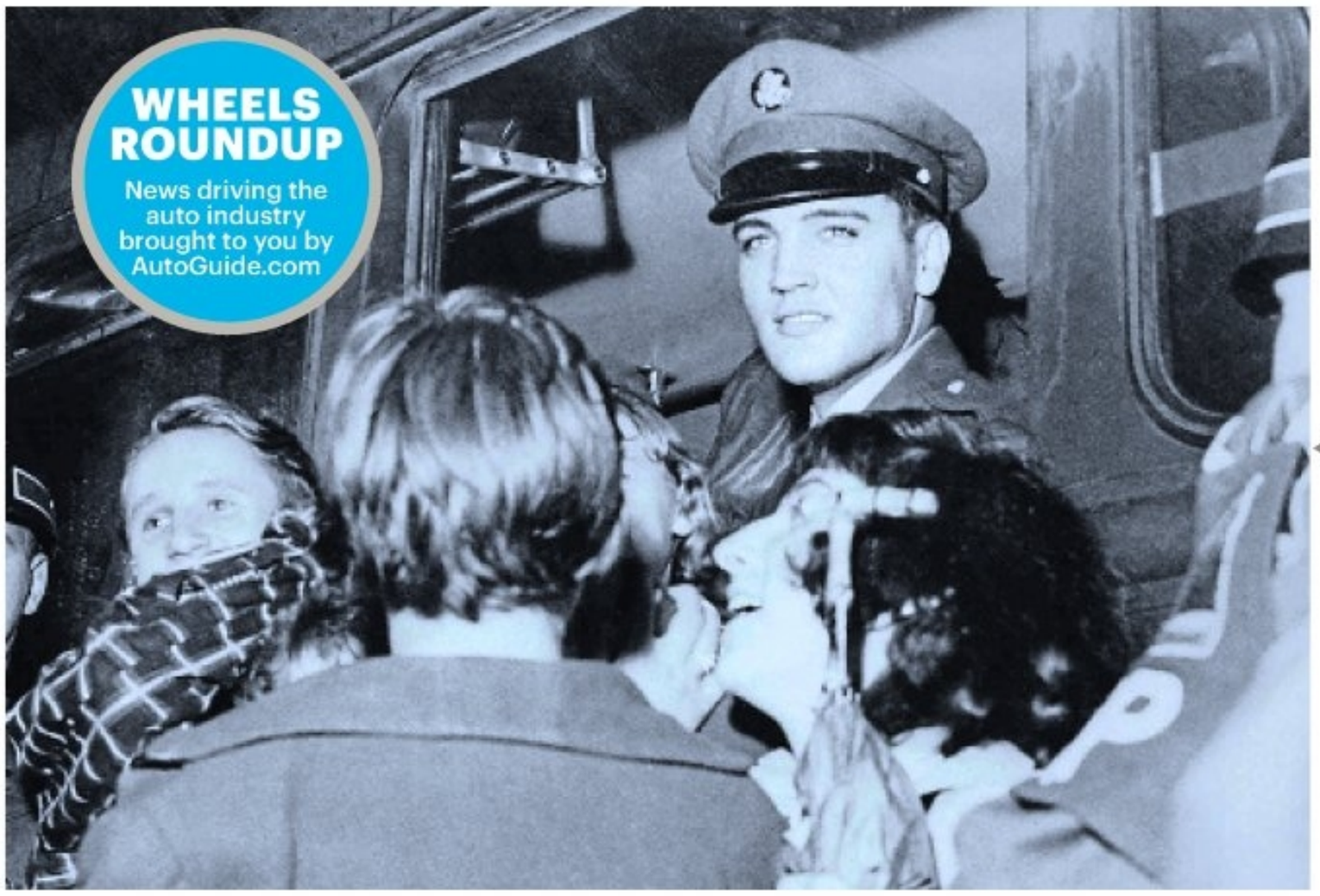
**Fiat Chrysler Automobiles ends U.S. car production**

Once bailed out by the U.S., Chrysler will no longer be producing cars in the U.S. by early next year. Chrysler has changed quite a bit since its bailout, having been acquired by Fiat and renamed Fiat Chrysler Automobiles (FCA).

And now, the company's U.S. plants will focus solely on producing Jeep SUVs and Ram pickup trucks, as it winds down production of the Chrysler 200 and DodgeDart models. FCA's remaining cars will be built in Mexico, Canada, and other countries.

Ending passenger car production in the U.S. has been part of CEO Sergio Marchionne's plan to increase profit margins so that FCA can better compete in the market.

JASON SIU/AUTOGUIDE.COM




CONCOURS D'ELEGANCE

## Elvis' 507 restored

BMW has a real treat in store for those attending the 2016 Concours d'Elegance at Pebble Beach. The German automaker calls it "one of the most spectacular classic-car discoveries of recent times," and it might very well be. BMW Group Classic has found and restored the BMW 507 driven by U.S. musician Elvis Presley while he was doing his military service in Germany. It was originally believed that the car disappeared for nearly 50 years, but after almost two years of painstaking restoration, BMW is ready to present the roadster. Naturally it was a daunting task to restore the roadster to its former glory. The original body parts and other components were virtually all present and intact, but the car had lost its engine and gearbox, while the rear axle was a replacement part of unknown origin. Rust was also eating away at the floor assembly. JASON SIU/AUTOGUIDE.COM

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Michael, Ford of Canada, Marketing
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Highline model shown

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**Volkswagen**

†Based on overall offers available on most 2016 models, including cash incentives and lease and finance offers, and excluding short-term promotions. Some models excluded. *Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission with base MSRP of $17,620, including $1,625 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from $92 (after application of $1,000 finance bonus cash). $0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0 for a total obligation of $16,620. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to $6,000/$2,000/$2,000 bonus cash available to be applied as a discount on MSRP on cash purchase only of select new and unregistered 2016 CC models / select Jetta models (excluding the 1.4T Trendline 5-speed manual transmission (#163VF1)) / select Tiguan models (excluding the FWD Trendline (#5N21V4)). Discount varies by model. †**Finance payments must be made on a bi-weekly basis and cannot be made weekly.** Weekly equivalent payments shown for information only. Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) / Tiguan FWD Trendline (#5N21V4) / Golf 1.8T Trendline 3-door base model with 5/6/5-speed manual transmission. Base MSRP of $17,620/$26,785/$20,620, including $1,625/$1,795/$1,625 freight and PDI, financed at 0%/0%/0.99% APR for 84 months equals 182 bi-weekly payments starting from $92/$148/$118 (after application of $1,000/$0/$0 finance bonus cash). $0/$0/$0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0/$0/$732 for a total obligation of $16,620/$26,785/$21,352. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end August 31, 2016 and are subject to change or cancellation without notice. Models shown: 2016 Jetta 1.8T Highline automatic transmission, $27,995 / 2016 Tiguan 2.0T Highline R-Line automatic transmission, $39,993 / 2016 Golf 1.8T Highline automatic transmission, $29,495. Vehicles shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Volksfest", "Jetta", "Tiguan", "Golf", "CC", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

metro RIO

Montreal's Eugenie Bouchard and Ottawa's Gaby Dabrowski were ousted from doubles following a loss to Lucie Safarova and Barbora Strycova

# Canada cast in bronze

RIO2016

## Third-place diving finish keeps medals rushing in

Divers Roseline Filion and Meaghan Benfeito kept Canada's medal streak going at the Rio Summer Games with another bronze medal.

Filion, of Laval, Que., and Benfeito, of Montreal, were third in the women's 10-metre synchronized diving event Tuesday. They were fifth heading into the final round, but a botched dive by the North Koreans gave Filion and Benfeito an opening for a podium finish.

And they nailed it on their final dive — an inward 3-1/2 somersault — for a score of 80.64 points to finish with 336.18 overall behind two Chinese teams. Filion and Benfeito, who were bronze medallists four years ago in London, gave Canada its fourth bronze medal and fifth overall.

GETTY IMAGES

"It was crazy. We knew we needed a really good dive on the last one to have a chance at the podium," Filion said. "We went up there really calm, looked at each other and told each other, 'We got this,' and we ended up with a great last dive."

Canada's only non-bronze medal came in the swimming pool, a silver captured by 16-year-old Penny Oleksiak in the women's 100-metre butterfly final on Sunday. Canadian athletes have won at least one medal on each day of competition so far.

Filion and Benfeito make up half of the "Fab IV" on Canada's diving team. Filion, Benfeito, Jennifer Abel and Pamela Ware all have medal potential in Rio as Abel and Ware missed the podium in the three-metre synchro by less than a point.

"Fab" is an acronym — F for Filion, A for Abel, B for Benfeito, and the Roman numeral IV is a stylized W for Ware. All four women will now shift their focus to the individual events.

The competition was held outdoors for the first time since the 1992 Barcelona Games.

Meanwhile in Brasilia, the Canadian women's soccer team exorcised some demons with a 2-1 win over Germany to conclude the preliminary round. Melissa Tancredi had both goals as Canada withstood a late barrage from the second-ranked Germans to improve to 3-0-0 to finish atop Group F. More importantly, Canada earned its first win in 13 games against Germany.

"I am just proud of this team," Tancredi said. "To be able to put two goals past a tier-one opponent and really state our spot in this tournament is really huge for us."

Both teams had already clinched quarter-final berths. The Canadians will play the runner-up in Group G on Friday in Sao Paulo.

THE CANADIAN PRESS

**WATER COLOUR**
The colour of the water in the diving pool Tuesday was a putrid green and there was no immediate word on what caused the colour change.

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**1 Canadians take one from hosts** — Canada's Ben Saxton and Chaim Schalk earned a three-set win over Brazilians Evandro Goncalves Oliveira Junior and Pedro Solberg in beach volleyball.

**2 Quebec City judoka stuck on bronze** — Antoine Valois-Fortier came up short in his bid for a second straight Olympic judo bronze. The 26-year-old from Quebec City lost his repechage match to Japan's Takanori Nagase in the men's 81-kilogram event.

**3 Serena eliminated in Round 3** — Serena Williams was eliminated from the women's singles tournament in a straight-sets loss to Ukraine's Elina Svitolina.

**4 Wei makes weightlifting history** — China's Deng Wei won Olympic gold and set a world record in women's weightlifting, hoisting 147 kilograms in the clean and jerk and 115 in the snatch for a total of 262. Her clean and jerk lift also broke her world record by one kilogram.

THE CANADIAN PRESS/THE ASSOCIATED PRESS; PHOTOS BY GETTY IMAGES

## RIO In brief

**Kiwi rugby hopes cloudy**

Sonny Bill Williams was helped off the field with an injured left ankle during New Zealand's shocking 14-12 loss to Japan in its first game of rugby sevens at the Olympics.

**Sonny Bill Williams**
GETTY IMAGES

The 12-time world series champions and one of the leading contenders for the first rugby medals awarded at an Olympics in 92 years, the New Zealanders struggled against the high-energy team from Japan.

**Marta's big moment**

While Neymar has been a disappointment for the Brazilian men's soccer team, Marta has been a revelation.

Playing in front of her home fans in the Olympics has given Marta Vieira da Silva her the chance to shine. She had two goals in a victory over Sweden on Sunday before Tuesday night's match against South Africa.

**Marta**
GETTY IMAGES

**A first for judo in Ghana**

Hungarian-born Szandra Szogedi made history when she stepped onto the judo mat becoming the first female judoka to represent the African nation Ghana after obtaining Ghanaian citizenship through her husband.

Facing Brazilian Mariana Silva in the first round, Szogedi had to deal with a partisan crowd and after less than two minutes, the fight was over: Silva took Szogedi down and caught her in a stranglehold. After the fight, a tearful Szogedi said she was "gutted" and that training four years for so little time on the mat was devastating.

**Szandra Szogedi**
GETTY IMAGES

THE ASSOCIATED PRESS

metro SPORTS

Former first-round NFL draft pick and 2007 Heisman Trophy winner Tim Tebow plans to hold a workout for MLB teams this month

# Welcome to Madchester

EPL

## After frenzied splurges, crazy race begins for United and City

They've hired the two most coveted coaches in world football. Their spending on new players this off-season has just shattered the $300-million barrier. Their stated aim is to win the English Premier League.

Make no mistake: The Manchester clubs mean business.

It was clearly an affront to United and City that they ended up fighting it out for fourth place in the Premier League last season. Standards slipped, rivals stole a march, a big reaction was needed.

So United hired Jose Mourinho as coach, made a statement signing in Swedish superstar Zlatan Ibrahimovic, and has just broken the world-record transfer fee to lure France midfielder Paul Pogba for around $116 million U.S.. Forget being satisfied just making the top four: Mourinho, a win-at-all-costs coach, is demanding the title.

"I want to win," Mourinho said on being hired. "I think we can really, yes."

By the time Mourinho was confirmed at United in May, City had already secured the signature of Pep Guardiola. It renews a coaching rivalry in Spain that sparked and occasionally got nasty when Mourinho was in charge of Real Madrid and Guardiola at Barcelona.

And Guardiola has set about bringing more youth, pace and intensity into City's squad by signing six players — including Leroy Sane, Nolito, teenage Brazilian prodigy Gabriel Jesus and Ilkay Gundogan — for around $130 million.

This is the biggest test of Guardiola's coaching career after his trophy-laden spells with Barcelona and Bayern Munich.

"Our objective," City chief executive Ferran Soriano said, "is to get to the end of the season with chances to win everything."

For the hotbed not just of English football but the world game, look no further than Manchester.

In 2012, City and United were the central figures in the most exciting end ever to a Premier League season, with the blue half winning the title on goal difference. They also finished as the top two teams the following season, this time United winning the league.

Since then, United hasn't finished higher than fourth. City has won the league once more (in 2014), which is widely considered a poor return given the wealth and players at the disposal of a club owned by the Abu Dhabi royal family.

Mourinho and Guardiola will shake things up. They have each captured 22 major trophies and have coached the biggest names in the sport. They have an intense work ethic and are among the most ruthless managers around. They are winners, pure and simple.

It's no wonder, then, that there's often fireworks when they meet. For the moment, there's a truce but there will be as much focus on the dugouts and technical area as on the field during the first Manchester derby of the season on Sept. 10 at Old Trafford. As for their new teams, there are many questions to be answered.

At United: Will the one-paced strike partnership of Ibrahimovic and Wayne Rooney be a success? Will Pogba be weighed down by the record price tag? How long will it take for Mourinho to change United players' mindset from the Louis van Gaal era?

At City: Can Guardiola adapt to the gruelling, competitive nature of the Premier League? Does the team still rely too much on injury-prone stars Sergio Aguero and Vincent Kompany? Is City's defence good enough to win the league?

At least one of these two superpowers will come up short in the Premier League this season. Maybe even both, considering Chelsea, Arsenal, Tottenham and even Liverpool are live contenders for the title, not forgetting defending champion Leicester.

Reputations are on the line, but United and City couldn't have done much more to get their teams in the right shape for the new season.

THE ASSOCIATED PRESS

**Pep Guardiola and Jose Mourinho have talent on their hands.** GETTY IMAGES/THE ASSOCIATED PRESS

**STONES JOINS**

John Stones became the second most expensive defender in football history on Tuesday, joining Manchester City for 47.5 million pounds ($62 million U.S.) from Everton as the latest solution to the club's defensive issues.

THE ASSOCIATED PRESS

MLB

## Fielder is forced to retire

Prince Fielder, the slugger acquired by the Texas Rangers in November 2013, is expected to announce his retirement from baseball Wednesday during a news conference at Globe Life Park.

Fielder underwent a second cervical fusion surgery July 29 after a herniated disk was discovered in his neck above the vertebrae he had fused in May 2014.

Rangers general manager Jon Daniels said at the time it was too early to say if Fielder's career was done.

But, according to major league sources, Fielder has decided to call it a career.

Fielder, 32, would finish his career with 319 homers, 1,028 RBIs, a .283 average and a .506 slugging percentage. But he hit only 34 of those homers in parts of three seasons with the Rangers after joining them following a trade from Detroit for second baseman Ian Kinsler.

Fielder is owed $96 million (U.S.) over the next four seasons, with the Tigers paying at least $24 million of it.

The contract included an insurance policy, Daniels said last month.

On the field, Adrian Beltre hit a two-run double, Elvis Andrus added a tiebreaking single and the Rangers scored four runs in the eighth inning to beat the Colorado Rockies 7-5 on Tuesday. The Rangers, who have won four straight and nine of 12, finished their road trip 5-3.

THE ASSOCIATED PRESS

NHL

## Winter Classic the tonic for St. Louis

Before the Rams left town in January, the St. Louis Blues were already in line to get an outdoor NHL stadium series game — just not the Winter Classic.

Team Chairman Tom Stillman credits the NHL for recognizing the city sorely needed a shot in the arm and scheduling the Blues against the rival Chicago Blackhawks on Jan. 2 at Busch Stadium.

"It's something that St. Louis could use right about now," Stillman said. "They're all great, but this is the big one."

Commissioner Gary Bettman, executives from both NHL teams plus the Cardinals and former players attended a news conference at home plate in the first public forum since the announcement.

"This is a major league city and unfortunately the NFL has not deemed us worthy, which I think is ridiculous," Blues Hall of Famer Bernie Federko said.

THE ASSOCIATED PRESS

**IN BRIEF**

**Bochy gets back to work**

San Francisco Giants manager Bruce Bochy was released from a Miami hospital after spending the night there with an undisclosed illness, to manage against the Miami Marlins on Tuesday. "I'm back at work," Bochy said. Bochy missed his team's 8-7, 14-inning win Monday in which Brandon Crawford became the first major leaguer in 41 years to record seven hits in a game.

THE ASSOCIATED PRESS

MLB

## Pacific Coast stint still a party for Puig

Yasiel Puig has found the party in the Pacific Coast League.

Days after a demotion to the minors, the unpredictable Los Angeles Dodgers outfielder posted videos to his Snapchat account Monday night of him partying with his new Triple-A teammates. The series of videos came after Oklahoma City's 3-2 loss at the Iowa Cubs.

Puig began by posting a video of him shirtless in the team's locker room, smiling and saying: "It's so funny. We lose today, and everybody's happy."

Videos posted later showed Puig and his teammates dancing, singing and chanting, often using profanity.

A banner on one of the videos reads, "I Love this Team."

Puig was optioned to Oklahoma City last week after the Dodgers could not find a taker for him before the non-waiver trade deadline. He went 2 for 4 in his first game on Sunda..

THE ASSOCIATED PRESS

**Prince Fielder is retiring with 319 career home runs — the same mark as his father Cecil.** THE ASSOCIATED PRESS

Denny Hamlin celebrates winning at Watkins Glen on Sunday.
MATT SULLIVAN/GETTY IMAGES

NASCAR

# Trophy typo leaves Hamlin in the past

Denny Hamlin might want to keep his own engraver on standby.

The Daytona 500 winner tweeted a picture Tuesday after he received his version of the Harley J. Earl Trophy that goes to drivers who win the Great American Race. But instead of the correct year of 2016, the silver plate read "2015."

"It just hasn't been the best week as far as mis-prints go," Hamlin said, referring to a headline he saw Monday after his victory at Watkins Glen that said the winner was "Hamilton."

The win was Hamlin's first on a road course.

The Sprint Cup series is off until the Aug. 20 race at Bristol Motor Speedway.

THE ASSOCIATED PRESS

The Panthers' Mike Tolbert carries the ball during training camp in Spartanburg, S.C., Tuesday. THE ASSOCIATED PRESS

# Fullbacks a dying breed

NFL

## Mike Tolbert carries torch for backfield blockers

Ron Rivera can't imagine the Carolina Panthers without fullback like Mike Tolbert on the roster.

The five-foot-nine, 250-pound Tolbert does a little of everything for the NFC champions — blocks, catches passes, carries the ball and even contributes on special teams. So it's hard for Rivera to fathom how nearly one-third of the league didn't even carry a fullback on their rosters last season.

"I couldn't tell you why teams don't," Rivera said. "I think that is one of the missing links in the league to be able to have an effective running game, to have lead blockers and guys who can get dirty down inside."

It has worked for Rivera and the Panthers.

The Panthers have run for at least 100 yards in an NFL-best 32 straight games, including the playoffs. They were second in the league in rushing last season and first in scoring and reached the Super Bowl before losing 24-10 to the Denver Broncos.

That success is why the Panthers didn't hesitate to re-sign the 30-year-old Tolbert to a two-year, $3.3-million contract after he became an unrestricted free agent. All things considered the Panthers might have gotten a bargain for a guy who has been an All-Pro two of the last three seasons.

**256**

**Tolbert rushed for 256 yards and had 154 yards receiving last season. He also scored four TDs.**

Tolbert said the key to surviving is changing with the tide and remaining versatile.

"You have to do special teams and pass protect and block out of the backfield and run routes," Tolbert said. "You have to be able to do different things than in the past, more than just being a bang-your-head-against-the-wall fullback."

THE ASSOCIATED PRESS

## REMEMBERING SHOOTING VICTIMS

NFL Most Valuable Player Cam Newton and some of his Panthers teammates took a break from training camp to remember the victims of last year's Charleston church shootings.

The players visited a local museum in Spartanburg, S.C., on Monday night to view artist Dr. Leo Twiggs' paintings that honour the victims of the shootings and those who rallied behind the church and the victims' families in the aftermath of the tragedy.

## RECIPE Asian Lettuce Wraps

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The zing of ginger and garlic and crunch of cashews make these Asian lettuce wraps better than any takeout you can throw at them.

**Ready in 10 minutes**
Prep time: 10 minutes
Serves: 4

**Ingredients**
- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

**Directions**

**1.** Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.

**2.** Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.

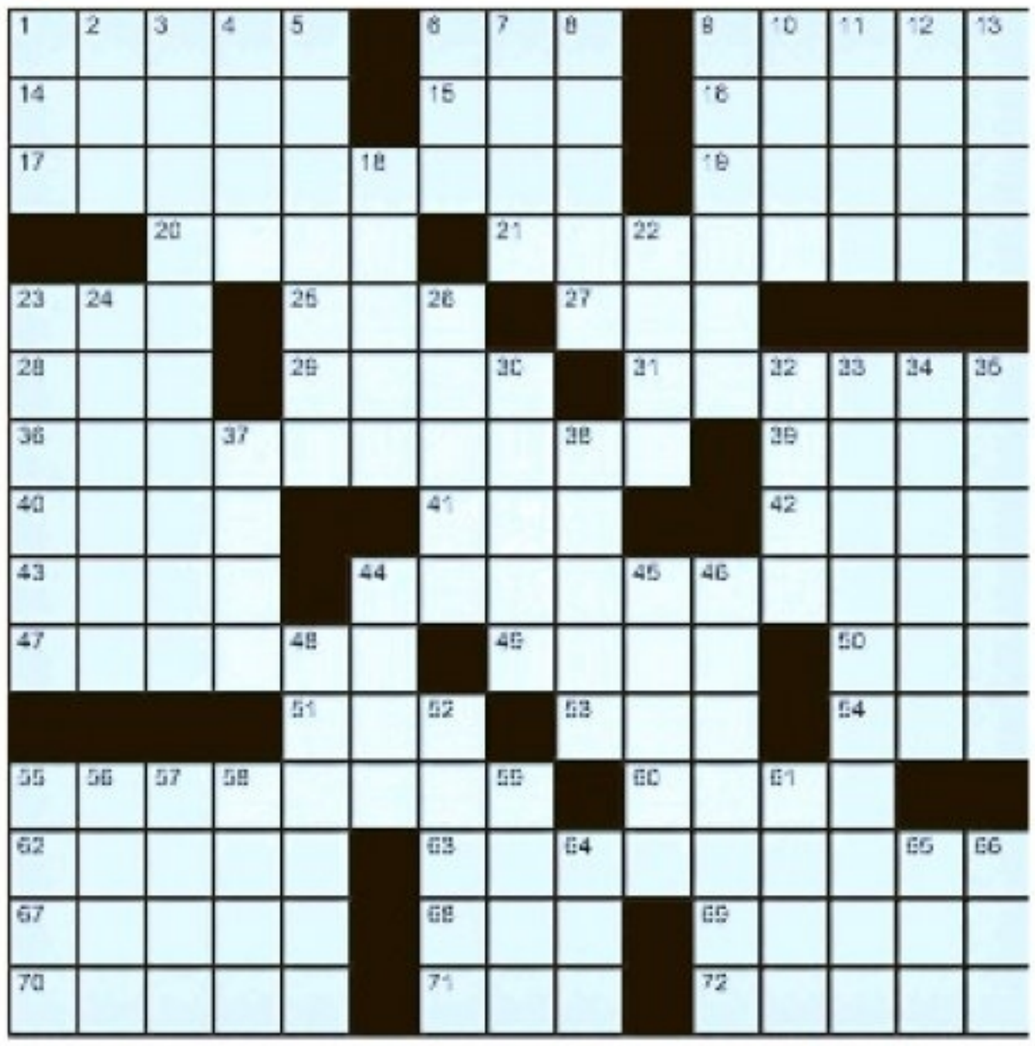
**3.** Check that the turkey has cooked through. Put the mixture in a serving bowl.

**4.** Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. RIO 2016: Performance measurers in some sports
6. The Tragically _
9. Movie star Willem
14. Put on _ _ (Fake it)
15. Wheat: French
16. Catherine of "SCTV"
17. RIO 2016: Trained in the gym: 2 wds.
19. Western flick
20. _ _ fine line
21. RIO 2016: Seven-players-a-team court sport
23. Vox populi, vox _
25. Mil. rank
27. Half a Teletubby
28. Ms. Longoria
29. RIO 2016: Team Canada's symbol, Maple _
31. Boston nickname: 2 wds.
36. RIO 2016: Olympic sport
39. Ms. Braxton
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41. RIO 2016: Rio's country, IOC-style
42. Mr. Onassis, et al.
43. The Yukon, e.g.
44. RIO 2016: Olympic sport, Artistic _
47. Ritzy expanse
49. Biblical son of Cush
50. Y-following alternative
51. Advantages
53. RIO 2016: IOC code for where Colombo is the capital
54. Poet's 'commonly'
55. RIO 2016: 'Village' denizens
60. Canadian star Mr. Thicke
62. "If" band
63. RIO 2016: IOC = International Olympic _
67. Mr. Manilow
68. Cooking amt.
69. Spiral-horned antelope
70. Madonna's "Vogue" beginning: "Strike _ _."
71. Musical note
72. President's Choice's Mr. Weston

**DOWN**
1. Spotted, to Tweety Bird
2. Veil heroine
3. RIO 2016: The Olympic sport of Judo: 2 wds.
4. Fashion designer, Marc _
5. Church part
6. Cable network
7. "_ _ Ya Papi" by Jennifer Lopez
8. Potpourri piece
9. "Zip-a-Dee-_-_"
10. Herman Melville's captain
11. Mirage, _ morgana
12. Mr. Hershiser
13. Nobleman
18. Tree servicing company
22. RIO 2016: _, anthem
23. Dedicate
24. Calls forth
26. Type of cat
30. Pasture places
32. State: French
33. RIO 2016: Apparatus in #44-Across, _ Bar
34. Worldwide relief agcy.
35. Actress, Jacqueline _
37. Vega constellation
38. RIO 2016: Pool separators
44. Mannered man
45. 'A.' of President James A. Garfield
46. RIO 2016: Olympic sport
48. Hippie t-shirt pattern
52. Factions
55. Swedish pop band
56. Pitfall
57. Saver of someone
58. Metallica's Mr. Ulrich
59. Fair
61. "Right back _ _!" (Likewise)
64. US speed meas.
65. 'Client' completer
66. 'Jacob' suffix

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
For the next six weeks, you want to travel and explore! You also want to explore opportunities in publishing, the media, medicine, the law and higher education.

**Taurus** April 21 - May 21
Disputes about inheritances, debt and shared property might not be settled until October. Until then, be reasonable and patient, because this will help you.

**Gemini** May 22 - June 21
While Mars is opposite your sign for the next six weeks, it's easy to be impatient with others. (They seem to be so annoying!) After that, things return to normal.

**Cancer** June 22 - July 23
You're keen to work hard on the job to show others what you can do. Be careful you're not too bossy; ultimately, this is counter-productive.

**Leo** July 24 - Aug. 23
Competitive sports might be a strong focus for you in the next six weeks. You intend to go after what you want in terms of social plans, vacations and romantic intentions.

**Virgo** Aug. 24 - Sept. 23
Be patient with chaos and increased activity at home, because by October, this insanity will be history. Just go forward one step at a time. Relax.

**Libra** Sept. 24 - Oct. 23
Your communication skills are strong and forthright now, and they will stay that way until October. Use this to study, sell and write, but don't overwhelm anyone.

**Scorpio** Oct. 24 - Nov. 22
Your determination to boost your income is admirable. The trick is to reduce your spending. No matter how much you earn, if you spend more, you're in debt.

**Sagittarius** Nov. 23 - Dec. 21
You love the outdoors. Since Mars is in your sign until October, grab every chance you can to pursue physical sports and outdoor activities, because you need this outlet!

**Capricorn** Dec. 22 - Jan. 20
Secret love affairs, as well as behind-the-scenes activities, are your focus for the next six weeks. When in doubt, take the high road, because secrets eventually come out.

**Aquarius** Jan. 21 - Feb. 19
Competition with a friend or with a group through physical sports will be strong in the next six weeks. This same energy makes you a group leader.

**Pisces**
Feb. 20 - March 20
Your ambition is aroused much more than usual until October. You can use this energy to accomplish something important. Be aware of this.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Difficulty Level ★★★★ 4/05

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**YESTERDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

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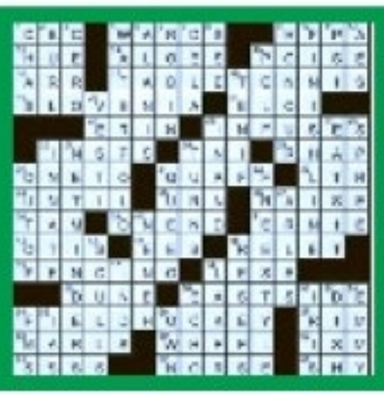

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| 3 | 7 | 9 | 4 | 2 | 8 | 6 | 1 | 5 |
| 8 | 2 | 4 | 5 | 1 | 6 | 3 | 7 | 9 |
| 2 | 9 | 8 | 1 | 7 | 5 | 4 | 6 | 3 |
| 7 | 1 | 5 | 6 | 4 | 3 | 8 | 9 | 2 |
| 4 | 6 | 3 | 2 | 8 | 9 | 7 | 5 | 1 |

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|---|---|---|---|
| ✓ | ✓ | ✓ | ✓ |
| ✗ CIVIC LX, MAZDA3 GX, COROLLA S | ✗ MAZDA3 GX | ✗ CIVIC LX, MAZDA3 GX, COROLLA S | ✗ COROLLA S |

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|---|---|---|---|
| ✓ | ✓ | ✓ | ✓ |
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